

# energy dance studio

Fall, Winter, Spring 2018-2019

540-433-5437  
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4753 Spotswood Trail, Penn Laird, VA  
(3.2 miles east of Valley Mall  
on Rt 33, Harrisonburg)

ballet tap jazz hip hop

Two's & Three's with Adult	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dancers in this program will have one adult attend class with them each week. This is a great beginning to dance for the younger dance enthusiasts ages 2 and 3 and those little ones not yet ready to be without a familiar face. Classes are packed with imaginative activities that keep the kids moving and learning (even when they think they are playing).	5:00-5:30					

Two's & Three's ALL ME LEVEL 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
This is the beginner level class for 2 and 3 year olds. A ballet based dance program for our youngest dancers. Classes are packed with imaginative activities that keep the kids moving and learning (even when they think they are playing).		6:05-6:35		5:00-5:30		10:00-10:30

Ballet and Tap Combination Class Entry Level	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Beginner Level Ballet and Tap class for approximate ages of 4-7. No dance experience necessary.		4:30-5:20		6:15-7:05		10:30-11:20

Ballet and Tap Combination Class Level 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
After Entry Level, Level 2 pushes the dancers to perfect the skills learned in Entry while learning more advanced skills and combinations.	5:30-6:40					

Ballet 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Entry level ballet program for new dancers ages 7 to 12. In this program, new dancers will build excellent core skills. No dance experience necessary.		5:20-6:05				

Ballet 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
After Ballet 1, this program pushes dancers to perfect core skills and build new, intermediate level ballet skills. This program requires attendance of both weekly classes. Addition of Tap or Jazz/Hip Hop strongly encouraged.				5:30-6:15		

Tap 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Entry level tap program for ages 7-12. In this program, dancers will build a strong, broad tap foundation. Can be added to Ballet or taken alone. No tap experience necessary.		7:30-8:15				

Jazz & Hip Hop	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Entry level Jazz and Hip Hop program for ages 7-12. In this program, dancers will build strong fundamentals in skill and choreography.				7:50-8:35		

## PERFORMANCE PROGRAM

For dancers who show a true enthusiasm for dance and want more dance opportunity. These students will attend 2 or more classes each week and have performance opportunities beyond the recital. Entrance into this program is by invitation of the Dance Staff. If interested, please let staff or management know, and a plan will be developed for your dancer. Good attendance, good focus, a positive attitude, and dance aptitude required.

Ballet & Tap Performance	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
This is the performance program for dancers in Ballet & Tap Level 2 ready to dedicate more time and be pushed to a new level of performance, choreography, precision, and skill. Dancers in this program are required to attend at least 3 Flexibility & Conditioning classes each month.	6:40-7:30	6:35-7:30				

Ballet Performance	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
This is the performance program for dancers in Ballet 2 ready to dedicate more time and be pushed to a new level of performance, choreography, precision, and skill. Dancers in this program are required to add at least 1 extra style class (Tap or Jazz/Hip Hop) as well as attend at least 3 Flexibility & Conditioning classes each month.	7:10-8:30			7:05-7:50		

Tap Performance	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
This is the performance program for tappers in Tap 1 ready to dedicate more time and be pushed to a new level of performance, choreography, precision, and skill. Dancers in this program are required to attend at least 3 Flexibility & Conditioning classes each month.		7:30-8:30				

FLEXIBILITY & CONDITIONING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A requirement for all Performance Level Programs. Strongly recommended for dancers aspiring to move into Performance Level. This will build the flexibility and strength that often gets students over the "plateau" and on to the next level or skill.	6:10-6:40	6:00-6:30	6:10-6:40	7:35-8:05		12:00-12:30